

# EMERGENCY PREPAREDNESS

Every day millions of people wake up, got to work, take kids to school, farm their lands or go to ball games. But every so often, the unexpected happens; an earthquake, a fire, a chemical spill or some other emergency. Routines change drastically and people are suddenly aware of how fragile their lives can be. Disasters disrupt hundreds of thousands of lives every year; and each disaster has lasting effects – people are seriously injured, sometimes killed and property damage runs into the billions of dollars.

You should know how to respond to severe weather or any disaster that could occur in your area, hurricanes, earthquakes, lightening, extreme cold weather and floods. You should also be prepares to be “**SELF**” ---**sufficient for at least three days**. This may mean providing your own shelter, first aid, food, water and sanitation.

**There are six (6) basic items to include in any size emergency kit:**

- Food
- Tools/ Emergency Supplies
- [First Aid Supplies](#)\*
- Clothing and Bedding
- Water
- Special Needs Items

**You should have emergency kit(s) for:**

- Home
- [Vehicle](#)\*
- [Place of Business](#)\*
- [Child Bedside Backpack](#)\*
- [Baby Diaper Bag](#)\* (Refilled Always)
- [Student](#)\* (Book Backpack)
- [House Pets](#)\*

**Emergency Container Tip:**

Create emergency kit(s) and store in any type of containers. Containers with wheels are great for larger kits; garbage cans, foot-lockers, chests, duffle bags, tote bags, ice chest, various sizes of suitcases, various sizes of plastic boxes, even a pillow case, blankets or sleeping bags will work to roll –up emergency supplies in!

**First Aid Kit\***

- First Aid Guide Information (basic)

- Band aids and gauze, non-adherent sterile pads (various sizes)
- First aid tape
- Anti-bacterial ointment (Neosporin, bacitracin, etc.)
- Burn cream
- Scissors, tweezers, pocketknife, razor blade, etc.
- Large cloth square for a sling or tourniquet
- Non – aspirins, pain relievers, ibuprofen
- Chemical ice pack, and warmer packets
- Safety pins (various sizes), needles and heavy thread
- Matches (waterproof)
- Eye wash
- Hand wipes (antiseptic), cotton balls, cotton pads
- Alcohol swabs, iodine (bottle or pads)
- Elastic bandages with pins
- Cotton balls or cotton squares
- Disposable diapers (dressings/splint/padding)
- Sanitary napkins (Pressure dressing)
- Non-adherent sterile pads(various sizes)
- Petroleum jelly
- Salt
- Laxatives/diarrhea medicine
- Syrup of Ipecac
- Baking soda (1 tsp soda + 1 tsp salt + 1 qt water for shock)
- Thermometer
- Water pouches

### **Vehicle\***

- Always maintain at least ½ tank of gas
- Tools needed to change a flat tire
- [First Aid Kit](#)
- Jumper cable
- Road emergency flares
- Tow rope (optional)
- Fire extinguisher (Standard Class ABC)
- Siphoning hose (optional)
- Bag of sand or rock salt (optional)
- Collapsible shovel
- Flashlight (extra batteries). Suggested 3 w/ back up batteries.
- Coat (s) or jackets (s)
- Emergency (Mylar) blankets are great to keep warm
- Water: clear liter bottles (filled ¾ full to allow freeze expansion). Rotate water every six (6) months. Place in a box to keep from flopping around during vehicle movement
- Rubber disposable gloves

- Whistle with lanyard to hand around neck
- Additional car kit supplies
  - Sanitation (toilet tissues)
  - Freeze-dried or nonperishable canned foods and a can opener) (optional)
  - Writing pad and pencils, maps
  - Ice scraper for winter season
- Maintain your vehicle(s) for seasonal change (Summer & Winter)

### **Place of Business\***

- [First Aid Kit](#)
- Flashlight (extra batteries). 3 with extra batteries
- Coat or jacket
- Change of clothes, socks, shoes (women flat shoes), undergarments, etc.
- Blanket, flat sheet, throw pillow or single sleeping bag
- Emergency (Mylar) blankets are great to keep warm
- Trial size hand and body lotions, soaps, shampoo/conditioner, etc.
- Trail size toothbrush, toothpaste, mouthwash, toothpicks, etc.
- Towel, wash cloth
- Freeze dried or non perishable canned foods and a can opener (optional)
- Sweet hard candy
- Water: clear liter bottles (rotate water every six (6) months or water pouches)
- Whistle with lanyard to hand around neck
- In case of an emergency, have a list of names, home and business telephone numbers
- Keep a backpack, tote bag, small box or suitcase on wheels underneath your desk for any emergency use.
- Create your office kit with items you require. Due to a major disaster, you may be stranded at your place of business for several days.
- Plan on at least 72 hours. (Carry extra prescription medication in your purse or car kit.)

### **Child Bedside Backpack\***

Place back pack underneath head of bed with handle facing out for quick grab. Also, keep extra pair of hard sole shoes near bed for quick evacuation for children and adults.

- 1 backpack (or a tote bag, duffle bag or a small suit case on wheels)
- 1 warm jacket or sweater (gloves to keep hands warm)
- 1 sweat shirt and 1 sweat pants
- 2 pair of socks

- change of under garments
- small blanket or emergency blanket (Mylar blanket, space blanket)
- coloring book(s) with crayons
- writing pads w/ pencils
- reading books
- small stuffed animal for security as a stress relief
- children should have their own flash light with extra batteries

#### **Zip Lock Bag Items for Back Pack**

- 1 emergency poncho (one size fits all & children sizes)
- 1 hand/body warmer (2 per packet)
- trail size tooth paste and tooth brush
- trial size moisture lotion
- trail size shampoo/conditioner
- 4 moist hand towelettes
- 4 sterile alcohol swabs to clean wound or cuts
- variety size facial tissues
- trial size bar soap or trial size hand sanitizer (kills germs without water)
- nail file or nail clippers (optional)
- Q-tips, cotton swabs or cotton pads to clean wounds or cuts
- Various size safety pins (in case you pop a button or a broken zipper!)
- 1 whistle with lanyard to hand on back pack (whistles can be heard over voice)

#### **Baby Diaper Bag\***

##### **Refilled Always & Place next to Crib**

- Refill baby diaper bag with baby needs
- Have a few emergency items in the baby diaper bag, such as; an emergency Mylar blanket, rain poncho, mini flashlight, blow whistle, emergency water pouches (place 2 pouches in separate zip lock bags to protect leakage)
- If baby is still on formula, keep extra in diaper bag along with water pouches.

Emergency items can be purchased at your local emergency essential stores, and various stores in the camping section

- Emergency Mylar Blanket \$1.99 or less
- Rain Ponchos \$.99 or less
- Plastic Blow whistle (won't rust)
- Mini Flashlight \$2.99 and up (extra batteries)

- Emergency Water Pouches \$.25

### **Students (Book Backpack)\***

- 1 zip lock bag (place all items listed below into zip lock bag)
- 1 emergency blanket (Mylar)
- 1 emergency poncho (one size fits all & children's sizes)
- 1 hand/body warmer (2 per packet)
- trial size tooth paste and tooth brush
- trial size moisture potion
- 4 moist hand towelettes
- 4 sterile alcohol swabs to clean wound or cuts
- variety size band aids
- various size safety pins (in case of lost button or broken zipper)
- 1 blow whistle with lanyard to hang on back pack (whistles can be heard over voice)

### **House Pets\***

Our Pets enrich our lives in more ways than we can count. In turn, they depend on us for their safety and well-being. Here's how you can be prepared to protect your pets when disaster strikes. To prepare your pet for a natural disaster, keep the following things in a protected area in a portable container (trash can with lid, large plastic box with lid; etc.)

- **Is Your Dog Ready?**
  - 1 week supply of his/her regular dog food
  - can opener if needed
  - 6 gallons of water
  - plastic food and water dishes non spill
  - 1 week supply of medications
  - extra collar and leash
  - portable dog carrier
  - towel or blanket for bedding in carrier
  - favorite toy (s) to chew or play with
  - copy of veterinary records with current photo of pet
- **First Aid Kit for Your Dog**
  - gauze pads and bandages
  - roll of cloth tape
  - scissors
  - thermometer (optional)
  - hydrogen peroxide
  - antibiotic ointment

- tweezers
  - first aid book for dog's care
- **Is Your Cat Ready?**
    - 1 week supply of his/her regular cat food
    - can opener if needed
    - 2 gallons of water
    - plastic food and water dishes non spill
    - litter box & 20 lbs of litter, garbage bags
    - extra collar, harness or leash
    - portable cat carrier
    - towel or blanket for bedding in carrier
    - favorite toy(s) to chew or play with
    - copy of veterinary records with current photo of pet
  - **First Aid Kit for Your Cat**
    - gauze pads & bandages
    - roll of cloth tape
    - scissors
    - 1 week supply of medicines
    - hydrogen peroxide
    - antibiotic ointment
    - tweezers
    - first aid book for cat's care

Save your pet's life – make sure he/ she wears a collar and identification tag at all times so you can find him/her if lost.

### **Transporting Your Pet in an Emergency**

Plan and prepare ahead of time to make your evacuation with your pet quick and safe!

- make sure he/she is wearing a collar and identification tag
- keep pet(s) on leash or in a carrier at all times
- avoid feeding pets immediately before leaving (this could upset their stomach)
- make sure cleaning supplies are easily accessible (paper towels, disinfectant, plastic bags, scoop spoon; etc.)
- when you reach your destination, give your pet(s) a quiet, safe place to rest. Allow him/her to adapt to new surroundings, then offer food & water